



A GUIDE TO SURVIVAL AT STONY BROOK

BLACK GRADUATE STUDENT ORGANIZATION

1976 - 77

AS-SALAAM-ALAIKUM

Clubs-Organizations-The Black Experience

ACADEMICS

General Guidelines

The typical students who come to Stony Brook learn the mechanics of their departments from advanced students or faculty members who may advise them on departmental procedures. This is not usually the case for minority students. Therefore, we would suggest that upon entering one's department, one IMMEDIATELY seek out and contact the minority advisors or interested persons regarding requirements and *politics* of individual departments. *Minority students should make sure that their minority status is not the only criteria used to qualify them for remedial courses.* Those students who do not find a minority advisor or helpful persons in their departments, along with students who desire additional information, please contact the Black Graduate Student Organization.

THE BLACK GRADUATE STUDENT ORGANIZATION

The idea of a Black Graduate Student Organization took form in the spring of 1972 when a group of Third World students felt the need to have a say in their respective destinies here at Stony Brook.

It was noted that although the admittance level for minority graduate students had risen so had the attrition rate, a phenomenon to which no one in the administration or the individual departments seemed anxious to address themselves.

Likewise rumors were circulating that certain departments were "racist" while others were labeled more "liberal". Third World students therefore decided communication among minority students was

essential. Thus the Third World Graduate Student Organization was formed. Due to the gradual change in the composition of membership, in September 1974 the title Third World Graduate Student Organization was dropped and the title Black Graduate Student Organization was adopted. It seemed that the Black graduate students faced problems of a unique nature to which other minorities were not blatantly subjected.

The months of September and October, 1974, were used as an organizational period. It was decided that no permanent board of officers would be elected, but that at each meeting a new chairperson and secretary would preside. This revolving system, it was hoped, would allow for greater participation from each member of the organization. Presently, the Black Graduate Student Organization meets once a week, addressing itself to the various problems and issues of the Black graduate students and the Black community as a whole.

The organization consists of three sub-committees. The Socialization Committee addresses itself to social functions and fund-raising events. The Documentation Committee compiles and records pertinent data and information. The Black Forum Committee invites Black and minority students and speakers to inform and educate the general Stony Brook community.

BLACK STUDENTS UNITED

We the people of Stony Brook established this organization to promote and develop unity among the Black community at Stony Brook.

Through political activities, this organization will deal with any racist factions at

this University. It will form programs involving tutorial assistance, academic information and guidance. It will also establish a firm and positive voice in the University structure.

This organization will promote social activities geared to the following goals: to deal with such basic problems as financial and general university policies and to further a strong sense of unity and brotherhood within the Black community.

From the data collected through interviews the people have decided that structurally, this organization will be run by committees. The Chairmen and Co-Chairmen of these committees will be elected by committee members.

All committee policies will be determined by the committee and senators of B.S.U. The organization has the right to dissolve any new committee that is not functioning properly. The organization also has the power to establish any committees necessary to serve the needs of the Black Community.

BSU COMMITTEES

Culture and Education: to set up workshops, future concerts, movies, informal lectures and to deal with various aspects of our culture and awareness.

Aim and Administration: dealing with any and all University policies affecting Black People on the Stony Brook campus.

Communications: to make the Black community aware that we are a functioning part of the Stony Brook community and to receive and relay all communications throughout the SUNY system and surrounding communities.

N.A.A.C.P.
Pres. Mr. Ken Anderson

Central-North Brookhaven Health Council--Community Rep. Mrs. Elsie Owens

Churches

Community Baptist Church
Granny Rd., Coram, N.Y.
Pastor: Rev. Powell

Mary A.M.E. Zion Church
Granny Rd., Coram, N.Y.
Pastor: Rev. Snell Van King

Mt. Olive Baptist Church
Middle Island Ave, Coram, N.Y.

Faith Baptist Church
Teler Ave., Coram, N.Y.

Gordon Heights Seventh Day Adventist Church--21 Teller Ave., Coram, N.Y.

St. Francis Caribna
Middle Country Rd., Coram, N.Y.

Black Businesses

Blue Ice Lounge
Main St., Patchogue, N.Y.

Burwell Beauty Salon
Mill Rd. and Yaphank, Coram, N.Y.
(516) 732-0632

Sepia Squires Barber Shop
Granny Rd. & Mill Rd., Medford, N.Y.
(516) 732-8626

Weir's Delicatessen
Mill Rd. and Granny Rd., Coram, N.Y.

Park Lounge (Bar & Disco)
Granny Rd., Selden, N.Y.
(516) 732-8595

Amityville, N.Y. The town of Amityville is located approximately 28 miles from the Stony Brook campus. When entering Suffolk County off the Long Island Expressway, Amityville is the first town in Suffolk County. The community, which is called North Amityville, is a predominantly Black area which offers a wide range of cultural and social activities. Following is a partial listing of some of the community organizations and community services of Amityville, New York.

Community Organizations

N.A.A.C.P. of Amityville
Pres. Mr. Eugene Reed

C.O.R.E. (Suffolk County)
Direcotr, Mr. Irwin Quintyne

Black Assembly
Chairperson, Mrs. Jean Denver

Local Action Center
Direcotr, Rev. Evelyn Miller

Black Businesses

Triangle Beauty Salon
Broadway Ave., Amityville, N.Y.

Les Beauty Salon
Broadway Ave., Amityville, N.Y. Ave.,

James Barber Shop
Great Neck Rd., Amityville, N.Y.

Curtis Barber Shop
Albany Ave., Amityville, N.Y.

The African House
Albany Ave., Amityville, N.Y.

Al's Gift Shop
233 Broadway Ave., Amityville, N.Y.

G and N Fish Store
Albany Ave. and Great Neck Rd.
Amityville, N.Y.

Young's Lounge
Great Neck Rd. and Albany Ave.
Amityville, N.Y.

Reed's Barbecue
Great Neck Rd., Amityville, N.Y.

The Downbeat Lounge
Rte. 110, Amityville, N.Y.

The Jelly Bean Lounge
Broadway, Amityville, N.Y.

Johnny All Weather Drive-In Theater
Sunrise Highway
Amityville, N.Y.

Black Churches
The Holy Trinity Baptist Church
Great Neck Rd., Amityville, N.Y.
Pastor: Rev. Crayton

Hollywood Baptist Church
Great Neck Rd., Amityville, N.Y.
Pastor: Rev. Luiter

Bethel A.M.E.
Amityville, N.Y.
Pastor: Rev. Bowie

Hempstead, N.Y. The town of Hempstead is a neighboring area next to Amityville. Its community is diverse, but it also has a considerable number of Blacks and other minority people. In the light of the distance between Hempstead and Stony Brook, our data for this area is incomplete. However, as a vital source of knowledge and information, Hempstead is the location of Muhammad's Temple of Islam. All Brothers and Sisters are invited to visit Muhammad's Temple of Islam on any of the following days:

Muhammad's Temple of Islam
No. 7L
Peninsula Blvd.
Hempstead, N.Y.
Wednesdays, 8:00 - 10:00 p.m.
Fridays, 8:00 - 10:00 p.m.
Sundays, 2:00 - 4:00 p.m.

The following communities are also located in the vicinity of the State University of New York at Stony Brook and they seem to have considerable numbers of minority group persons living there.

Bayshore, N.Y. Islip, N.Y.
Bellport, N.Y. Medford, N.Y.
Brentwood, N.Y. Patchogue, N.Y.
Central Islip, N.Y. No. Babylon, N.Y.
Huntington, N.Y. Riverhead, N.Y.
Huntington Station, N.Y.
Wyandanch, N.Y.

HOUSING

ON - CAMPUS HOUSING

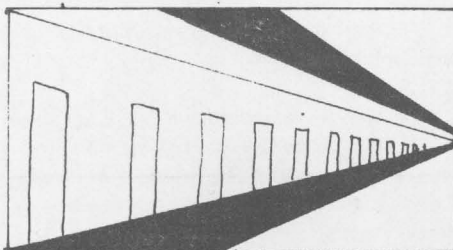
Please see page 18 in Across 25-A and also see the 1974-75 Resident Hall Guide. Both can be obtained in the Black Student Office in the Student Union.
Comment: Stony Brook offers two types of on-campus housing: suites and halls. Tabler, Roth and Kelly Quads are comprised of individual suites which consist of either 4-man suites (2 bedroom) or 6-man suites (3 bedrooms) and which house two to six students (depending on double or single occupancy of rooms). Stage XII, G and H Quads consist of hall

rooms. With the exception of Stage XII, single occupancy of a room is not likely. Due to the increasing influx of new students, most requests for single rooms are denied unless a medical excuse can be obtained. The singles in Stage XII are usually reserved for graduate students, although in some cases undergraduate requests for such rooms are granted.

The singles in Stage XII, however, leave a lot to be desired. The rooms are extremely small and not much more than the bed, desk, a chest of drawers which are provided can be squeezed into the tiny cubicle. Also, the small windows in each room do not allow for much view or any ventilation, a condition which may lead to a general feeling of claustrophobia.

Stage XII, as well as G and H Quads' bathrooms and kitchen facilities must be shared with the numerous students who reside on a given hall. This situation in itself presents problems. All individuals cannot be counted upon to share one's sanitary habits; and conflicts do undoubtedly arise. Although pets are forbidden, someone usually sneaks one into the dorms, and depending on the individual pet, it may provide a source of conflict. The unfortunate student whose room is near the kitchen will in addition be subjected to the various aromas of the multi-cultured residents of the hall, not to mention the smell of garbage which isn't collected over the weekend. Noise is still another problem of hall living. Everyone's choice of study and leisure time does not coincide. Often the "night people" feel justified in engaging in the same noisy activities at night which the "day people" engaged in during the day. Perhaps the worst problem encountered in hall living is that of the roaches that are immune to Black Flag and seemingly to the exterminator. The situation is not improved when neighboring rooms are not kept clean, no matter how often an individual room is scrubbed.

The students who live in suites, on the other hand, share their bathroom and kitchen facilities only with their suitemates. Although they may encounter some of the same problems as those who reside in hall dorms, it is somewhat easier to create an atmosphere compatible with an individual student's lifestyle. Because there are only two to six persons sharing a suite, students feel less alienated than when exposed to hallmates. Students may also request as suitemates those students



who share a common outlook on cleanliness, and thus may eliminate many problems which hall dorm living creates.

However, the student who resides either in a hall room or a suite is entitled to refuse a student as his roommate, especially if the potential roommate is obviously not compatible with him. Students also have the right to request another student of their choice as a roommate within a one-week period after a room or suite mate has left, or at the end of a semester for the following semester.

OFF - CAMPUS HOUSING

Mildly stated, the attitude of the surrounding communities to student tenants is negative. Evidence of this attitude is Brookhaven Township's "Anti-Groupers Ordinance" which discriminates against groups of students desiring to share a house.

Under this ordinance up to four family groups can live in a house. In other words, a family related by blood, adoption, or marriage could have up to three unrelated persons living with them so that the total number of units would not exceed four. Stated in terms of units, a family related by blood, adoption, or marriage could be one unit. To the extent that the people were not related by blood, adoption, or marriage, they would be counted as additional units so that the total number of units within any house could not exceed four.

Additionally, the zoning laws of Brookhaven Township do not allow the construction of a large number of two-family dwellings, a practice which again discriminates against students. Although these laws exist, they are not strictly enforced because many houses zoned as one-family dwellings are inhabited by two or more families. The only time this law is usually enforced is when some member of the community makes a complaint.

When do members of the community complain? When some "undesirable" moves in. Guess who the "undesirables" are?

If one adds the variable "race" to the aforementioned housing problem, the atmosphere becomes significantly more pungent. In other words, the predominantly white communities surrounding SUNY at Stony Brook dislike having students as neighbors and detest providing housing to Third World People.

If you cannot conceive of yourself living in one of the cubicles on campus and insist on living in the surrounding milieu, some of the following hints should be noted:

- 1) Try to secure a house in one of the surrounding Black communities; a listing is provided below. Usually the housing is not as expensive as compared with the other communities, and in many instances, not as much security, if any, is required. Also, there are quite a few elderly people who would like to share their home with a quiet, dependable, and respectful student(s). If you are interested in living in a Black community, contact some of the Black students or staff persons on campus. One disadvantage is that these communities are not as close to campus as one may wish.
- 2) A listing of housing in our area which is supposed to be free from discrimination may be obtained from the Smithhaven Ministry, Suffolk Housing Services, Smithhaven Mall, Lake Grove, New York. Tel 724-6920. Also, if you encounter any discrimination in trying to secure housing, please contact this organization IMMEDIATELY.
- 3) Transportation to and from the campus will be an additional expense for your budget, especially given the spiraling cost of gasoline. Automobile maintenance is another expense to consider. Suggestion: ask some students to recommend a local, good, inexpensive mechanic before taking your automobile to a local dealership for service.
- 4) Most of the homes in the area are heated by fuel oil and electricity. Both utilities are rated among the highest in the nation. Suggestion: try to secure a house whose rental fee includes at least one of the above utilities. If you have to pay both, BE SURE THE HOUSE IS WELL INSULATED. If by chance you get a house that requires purchasing butane gas for the kitchen stove- and many do- try to secure a spare tank of gas if it is not provided by the landlord. The

few extra pennies are worth the convenience of not running out of gas in the middle of cooking a meal.

5) Many communities have a garbage service fee which the tenant has to pay. But, if you do not dread lugging your garbage, there are usually quite a few "convenient" garbage dumps in the area - e.g. shopping centers, apartment complexes, office buildings and the town official dumping station in south Brookhaven.

UNIVERSITY HEALTH SERVICE

While it is entirely plausible that the University Health Service (UHS) staff hold a variety of values which are concomitant with those of American society on the whole, to our knowledge the UHS as a institution has seldom been accused of racial discrimination as far as patient care is concerned. There are several Black nurses, aides, student assistants, and one doctor (the gynecologist) on the UHS staff.

The UHS avidly invites students to make positive input into the running of the Service through participation in the Health Advisory Board. Students interested in joining a group concerned with Birth Control, Venereal Disease and related matters may join EROS in order to give counselling to fellow students and/or receive counselling themselves. Both EROS and the Health Advisory Board are located on the first floor of the UHS building. The "What's Up, Doc?" column published in the Statesman answers students' questions relating to the UHS and health care. In order to insure adequate health care for Blacks on this campus we would advise Black students to take advantage of those existing avenues of student participation.

The Mental Health Clinic is located on the second floor of the UHS building. The only Black counsellor, Herdy Micou, may be reached by calling either the Mental Health Clinic at 444-2281 or the Africana (formerly Black) Studies Program at 246-4015. Sister Herdy has offices in both places.

Regrettably, most Black students who have made use of the Mental Health Service have waited until an intolerable crisis has overwhelmed them before taking advantage of this on-going service*. Please don't wait to go crazy before seeking out psychological counselling.

Black People do have problems; we do get depressed. A break-up with a boy or girl friend can lead to an awful set-back. Stony Brook can be a lonely, alienating and uncomfortable place; before it gets you down-get help.

There presently exists a P.O.C.U.(People of Color United) Life Center, which is under the supervision of Ms. Herdy Micou. It will be an information and referral center in September, and shall eventually host a hot-line service, a speakers forum, peer counseling, and consciousness raising groups. There is also a "big brother" and "big sister" program functioning via P.O.C.U. The name of this program is Operation Sisbro. P.O.C.U. is here for you, and wants to help you make it through this university. Persons to contact: Herdy Micou, 444-2281, Pat Thornton, 246-5753.

There is also the Bridge to Somewhere Walk-In Center run by Anne Burnes of Psych. Services. It offers an intense student-counsellor training program and is a good opportunity for those intending to become counsellors in the future. This Walk-In Center can become a better thing when Blacks and Puerto Ricans become a part of it.

FOOD

The very words, "how to eat to live," is one of the great values in words for us. In these words, we see and we are learning that what we put in us as food, at what time we eat, is the key to our life and death. We can use these words, "how to eat to live," to spell how we destroy ourselves.

The Honorable Master Elijah Muhammad (May the Peace and Blessings of Allah forever be upon Him)

The cooking and eating of the right foods has reached a considerable level of importance as we strive to mentally, spiritually, and physically maintain good health. Below are a list of food co-ops followed by a list of fruit and vegetable outlets for the discriminating shopper who no longer views Pathmark as his "thing."

Muhammad's Fish and Food Co-op Fish, fresh vegetables and fruits can be delivered to your place of residence for a mere \$8.50 for the regular food co-op and \$12.00 for the fish co-op. Some of the benefits for this co-op are the inclu-



sion of the delicious Muslim wheat bread and occasionally an "out-of-the-way" fruit for Suffolk County--mangoe. The whiting fish is a diversified fish suitable for more than frying and is easy to prepare since it only has one bone. Food stamps are accepted. For more information contact Brother Irving (516) 486-5626.

Freedom Food Co-op This co-op requires a \$5.00 lifetime refundable membership fee and each member must work at least 1 hour per week at the co-op. This is a small price to pay when one sees the selection of honeys, grains, stone-ground and unbleached flours, cheeses, dried fruits, teas and an endless assortment of other "natural" foods. Besides being on campus (Stage XII Cafeteria), the co-op provides the participant with some insight into the operations of a food co-op. For more information contact Susie Butler (516) 246-4481 or the Freedom Food co-op at (516) 246-8398. Food stamps are accepted.

Sound Food Co-op 417 North Country Rd. (25A) St. James, east of Edgewood Ave., tel. (516) 862-9892. This co-op carries dried fruits, flours, eggs, oils, breads, beans, and honey ice cream. The co-op also features chickens. Ten dollars covers the membership fee for one year and each participant must work a minimum of 4 hours every two months.

Bay Co-op 44 Bellhaven Rd. Bellport (516)286-8824

Bayshore Co-op Liz Casey (516)968-8232

East End Co-op (Southold Area) Ellen Stevens (516) 477-2195

Horn and Hardart Vegetarian Meal Plan This is a non-kosher meal plan prepared by a special vegetarian cook as it starts its second year of operation. Serving meals for both lunch and dinner, the sel-

ection includes soups (navy bean, lentil, vegetable, chinese bean curd) and such main dishes as eggplant, zucchini and linguini casseroles. All meals contain 7 grain wheat bread and salads. Sometimes they have banana muffins or breads, carob brownies and papaya juice. The benefit of this meal plan is that freshmen may use their meal coupons. It's undecided whether this meal plan will be located in H Quad cafeteria or in the Student Union.

Harkness East Food Co-op Opening in September, the co-op will charge \$15.80 per week for 21 meals, \$12.20 for 15 meals, and \$10.00 for dinners only on a weekly basis. Though the meals are vegetarian, fish will occasionally be offered. In addition to the meal costs, participants will have to give 4 hours of their time per week to the co-op. At least half of the meal plan payments are asked as soon as possible to defray the costs of repairs and equipment. The benefit of this cooperative meal plan is that you can actually see who and what's messin' with your food.

Alternative Food Services At Stony Brook we face a fundamental problem in just trying to obtain good food to eat--not just any old kind of food which the University provides for us to eat, but proper foods which add to the longevity of life through physical and mental health. For this very reason we have sought to provide the in-coming student with a carefully prepared list of alternative food services.

Everyone should have a knowledge of the proper foods to eat for life because when we eat properly not only will our physical bodies begin to feel better and look better, but our minds will become more alert and our thinking more sound. This is what we need because of the serious challenge we are confronted with here at the State University of New York.

The Nation of Islam provides us with a food co-operative plan which gives us a choice selection of fruits and vegetables and will deliver all orders if requested. The following list is a sample of what you can receive at a price you can afford. For any further information regarding the food co-op you may contact any of the following people at Stony Brook: Sister Lorelei X, Brother Willie X, Brother Carl 25X, Sister Deborah X.

TEMPLE NO. 7 FOOD CO - OP FOUR - WEEK PLAN

Note: Certain items on this list may be changed without notice at any time due to market availability.

Week 1	Week 2	Week 3	Week 4
Zucchini Squash	Corn	Cabbage	Turnips
Turnips	Spinach	Eggplant	Acorn Squash
Brussel Sprouts	Cauliflower	Yellow Squash	Broccoli
Beets	Butternut Squash	Stringbeans	Spinach
Stringbeans	Broccoli	Carrots	Onions
Lettuce	Lettuce	Lettuce	Lettuce
Tomatoes	Tomatoes	Tomatoes	Tomatoes
Pears	Avocados	Apples	Grapefruit
Melon	Bananas	Mangoes	Peaches
Nectarines	Oranges	Pineapple	Melon
Tangerines	Plums	Grapes	Tangelos
Bread	Bread	Bread	Bread
Eggs	Eggs	Eggs	Eggs

Please don't forget to place your orders by Wednesday!

The FISH CO-OP will consist of the same items plus 5 lbs. of Whiting H&G (headed and gutted) fish.

NOTE: Please pick up your order as early as possible on SATURDAY. We cannot be responsible for the spoilage or absence of any items left after 7 p.m. Saturday.

When you pick up your orders, we remind you to also pick up any items that are not in the shopping bag at pick-up time. This would include such items as broccoli, eggs, bread, celery, and fish sausage.

For information, call 467-7313.

When you're in Manhattan, visit Brother Fruit!!

Address: 109 Lenox Ave. 678-5854

MUHAMMAD'S FISH HOUSES

Next time you're in the city check out one of Muhammad's Fish Houses, for they've got a fish-fried rice dinner going for seventy-five cents that is out of this world! As some brothers in Tabler can bear witness to, it comprises a bad fish salad (thanks to Brother Chef Leroy), while others were able to savour a tasty sweet fish during the Malcolm King Center's fish fry. All who have tasted the whiting fish know it's delicious. This fish is practically mercury-free (99%) and is imported by the Nation of Islam from Peru. It is "flash-frozen," meaning that as soon as the fish is caught it is preserved for its freshness. Being almost fat free, it aids in lowering the cholesterol count in our bodies. That's more than one can say of meat! You know they're trying to link fat-saturated meats with breast cancer in females. Beware, sisters! Five lbs. costs +3.25 and ten lbs. cost

\$6.50. If you've ever bought fish, you know that's cheap. Five pounds will fit comfortably into the small freezer space of our refrigerators with room for other frozen food items.

How many of us meat-eaters can no longer afford that steak once a week due to our limited finances, packages and rising costs? The same brother who delivers you your Muhammad Speaks (at the 'Brook are Brother Willi, Brother Carl, and Brother Bobby--full-time matriculating brothers) can deliver this fish. I remember not too long ago a Black Stony Brook student confessing that a few years back he and his roommate were eating local campus rabbits. There's no more need for this activity. What better way to "Buy Black, Employ Black," and eat cheaply while maintaining good health than with Whiting H&G? There's no need for the Black-